

## How to Increase Probiotics in Your Diet

174,500 views 2.3K 43 SHARE ...



**Dr. Josh Axe**

Published on Feb 17, 2015

SUBSCRIBE 1M

For more info: <https://draxe.com/probiotics-benefits...>

Today I'm going to show you how to increase the amount

SHOW MORE

Up next

AUTOPLAY ☐



ANCIENT MEDICINE TODAY S4 • E14

**Top 13 Probiotic Foods**

Dr. Josh Axe

241K views

6 logins included. No cable box fees. Up to 3 simultaneous  
YouTube TV  
streams.

th About

robiotics



Dr. Josh Axe  
71K views



14 Foods High in Probiotics  
Foods4Health  
79K views



ANCIENT MEDICINE TODAY S3 • E7  
7 Secrets to Lose Weight Fast  
Dr. Josh Axe  
491K views



Do Probiotics Really Work?  
Mark Hyman, MD  
113K views



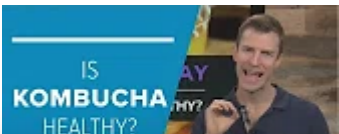
Understanding Probiotics and Friendly Microbes  
Dr. Eric Berg DC  
57K views



Top 5 Probiotic Foods: Healthy Gut Shopping List: Thomas DeLauer  
Thomas DeLauer  
38K views



7 Signs You Should Be Taking Probiotics – Saturday Strategy  
FitLifeTV  
828K views



Kombucha: Is It Actually Healthy?  
Dr. Josh Axe  
171K views

6 logins included. No cable box fees. Up to 3 simultaneous streams.

2017

otics || Save  
ing Vegetables



Dr. Josh Axe  
1.3M views



**How to Kill Your Sugar Addiction Naturally**

Dr. Josh Axe  
1.4M views



**How To Get Thicker Hair Naturally**

Dr. Josh Axe  
622K views



**4 Secrets to Get Rid of Acne Naturally**

Dr. Josh Axe  
2.9M views



**Which Foods Feed Healthy Gut Bacteria? (Prebiotic Foods)**

The Fruit Doctor  
195K views



**What is Kefir? The Cultured Drink for a Healthy Colon**

SuperfoodEvolution  
210K views



**best probiotics - Top 10 probiotic foods and natural ways to**

Chris Lynton  
76K views

SHOW MORE

6 logins included. No cable box fees. Up to 3 simultaneous streams.



View reply ▾



**John Douillard** 2 years ago

Slippery Elm tea is my favorite prebiotic as it also really adheres to the gut wall where we want the probiotics to thrive.

👍 1 🗨️ REPLY



**Dulce Robles** 3 years ago

I really enjoy your informative videos. What type of water do you drink?

👍 7 🗨️ REPLY

Hide replies ^



**Dr. Josh Axe** 3 years ago

Filtered through reverse osmosis.

👍 10 🗨️ REPLY



**Sergio Domingues** 1 year ago

That doesn't make any sense, reverse osmosis take away all the minerals in the water, plus, chemicals like pesticides, herbicides, and chlorine are molecularly smaller than water so

👍 🗨️ REPLY



**Joe dad** 11 months ago

Dulce Robles.. Mineral water is the best thing to drink...find a pH with 8 or 9

👍 🗨️ REPLY



**Joe dad** 11 months ago

Noelle Crowner spring water that has minerals is the best of the best


6 logins included. No cable box fees. Up to 3 simultaneous streams.

Everything I hear that's healthy or good for your body has to do with help. Losing weight makes me feel




👍 12 🗨️ REPLY


Hide replies ^

 **Exposing Liars** 9 months ago  
I went Vegan non dairy and have not lost weight. I'm following many of his tips.


👍 🗨️ REPLY

 **Javier** 7 months ago  
Exercising and having a healthy diet is not necessary to lose weight. It is essentially for getting you to your ideal weight and optimizing your health, if you are skinny, eating healthy


👍 🗨️ REPLY

 **Chaitra Pollard** 7 months ago  
Annie Carby increase your protein and lift weights for gains.

👍 2 🗨️ REPLY

 **4 Fake** 3 months ago (edited)  
When they say you'll lose weight it just means it can HELP you lose weight. If you want to gain, eat potatoes, oatmeal, pancakes, dried fruits, chicken, bread, nuts, avocados. It's

👍 🗨️ REPLY

 **Rilynne Rondeau** 9 months ago  
I love eating good

👍 6 🗨️ REPLY

View reply v

6 logins included. No cable box fees. Up to 3 simultaneous streams.

someone

 **Rilynne Rondeau** 9 months ago  
Hi can u please tell me the best probiotics



## Hide replies ^

**dawoodwaris** 11 months ago

Home made probiotic yogurt, dosa &amp; idli.



REPLY

**Joy Sani** 3 months ago

Megael-Dena is a good probiotic I have been using. Its available online



REPLY

**Yvo May** 3 years ago

Just last night was speaking to a friend after a weekly study about some health issues I'm having. This was one of the topics we touched on as well as essential oils. I guess this is confirmation for



2



REPLY

**tony g** 1 year ago

dr axe i bought your vitamins from your website and they sucked didnt feel any difference



2



REPLY

**Ashaa** 3 years ago

Thank you for sharing your knowledge. I appreciated!



2



REPLY

## View reply v

**androidbey** 11 months ago

consuming kefir Sutherland boost your gut in 24 hours.

6 logins included. No cable box fees. Up to 3 simultaneous streams.

at woman?



**METALLINO 000** · 7 months ago

You are a verry smart man, respect, love the videos:)

👍 1    🗨️    [REPLY](#)



**Nebil Akalu** · 9 months ago

is there any supplement that regulate hormonoal blances?

👍 1    🗨️    [REPLY](#)

[View reply](#) ▾



**john svoboda** · 1 year ago

everything good up until he said to avoid fluorinated water? WTF maybe Chlorinated drinking water would have a very small effect on digestive flora but not Fl.

👍 1    🗨️    [REPLY](#)

[View reply](#) ▾



**coral gomez** · 1 year ago

I just started taking probiotics to help with my acne and i started breaking out more with cyst on my chin. Can you please tell me why that's happening? Should I stop taking it or should I wait it out? Please help!

👍 1    🗨️    [REPLY](#)

[Hide replies](#) ^



**Jennifer Radomski** · 1 year ago

Skin problems often get worse before getting better. I would stick with it for a while. Your body needs time to heal. Hang in there.

👍 2    🗨️    [REPLY](#)

6 logins included. No cable box fees. Up to 3 simultaneous streams.

... yogurt  
... that is  
... thickening agent.

... it ok for the



Lori C 1 year ago

What are we supposed to do when we a doctor orders us to take antibiotics for an infection? My husband has a tooth infection and needs an extraction, but was just prescribed the antibiotic

👍 2 🗨️ REPLY

View all 2 replies ▾



Winnie Poon 1 year ago

I usually include black sesame in my diet. Does black sesame feed probiotics as good as chia seed and flax seeds ? BTW your videos are great ! I just discovered this channel today :)

👍 1 🗨️ REPLY



Dr. Josh Axe 2 years ago

Probiotics can help clear up your skin, improve detoxification, increase your nutrient absorption, help with digestion, weight loss, hormone balance, and liver detoxification! Why wouldn't you want more

👍 37 🗨️ REPLY

View all 11 replies ▾



theresaasereht 3 years ago

So what are your recommendations when most of the probiotics I have taken cause some intense (and frankly, offensive) gas? It feels overwhelming to resolve this issue. Thanks.

👍 1 🗨️ REPLY

View reply ▾

6 logins included. No cable box fees. Up to 3 simultaneous streams.

e. Can poor

I've been using Chia and Flaxseeds in my Greek





👍 8 🗨️ REPLY

**naninoor** 4 days ago

I have a question:

I drink 1.75 liter of milk kefir daily since 25 days ago!

Is it okay for my liver or its over load?

👍 🗨️ REPLY

**9razzler9** 1 week ago

this guy is hot

👍 🗨️ REPLY

**Elizabeth carroll** 1 month ago

What is the best probiotic supplements to take?

👍 🗨️ REPLY

**HEATHER Hency** 1 month ago

Dr Axe, what if I have digestion issues, such as bloating, gas, and bad acid reflux? And have bad anxiety/depression, and at the moment am living with just a food card, which I can't buy a quality

👍 🗨️ REPLY

**Noah Schultz** 1 month ago (edited)

Can they clean retain

I have accumulation of lipofuscin.

👍 🗨️ REPLY

**Laila Kitty** 1 month ago

"Consume sour foods" sour gummies?!

6 logins included. No cable box fees. Up to 3 simultaneous streams.

ubs dr. So much

Hev guys. Dr. Axth here founder of Dr. Axth program



👍 🗨️ REPLY

**mavishill** 2 months ago

I hate Apple cider vinegar. Tastes too sour and smells nasty. Fermented veggies.. and kimchi is good.

👍 🗨️ REPLY

**MUNNA KR.** 2 months ago

and also please tell me for diabetic person

👍 🗨️ REPLY

**MUNNA KR.** 2 months ago

kefir is not available in india....so plz what can i it?

👍 🗨️ REPLY

View reply ▾

**Norma Jean Baker** 2 months ago

Hi Dr. Axe, my question to you is, if apple cider vinegar is considered to be a probiotic containing live micro-organisms why is it not refrigerated when I buy it, and are it's benefits diminished by the fact that the

👍 🗨️ REPLY

**Lisa Tuccio** 2 months ago

I take a probiotic that can pass digestion it's been the best thing. You will never consume enough foods to get what you need!

👍 🗨️ REPLY

**Entertainment World** 3 months ago

6 logins included. No cable box fees. Up to 3 simultaneous streams.

at's going very  
s tachycardia)2.  
me out( like  
ier i guess that



wayne · 3 months ago

I have made 2 litres of kimchi, and tried some on its own - very nice. I see lots of recipes to use it in pancakes, fried rice and scrambled eggs. I can't find any uses for it in recipes that do not heat it -



REPLY

6 logins included. No cable box fees. Up to 3 simultaneous streams.